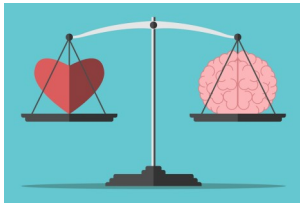


Year 6: Health and Wellbeing

Key Learning



Mental health is just as important as physical health and both need to be looked after.



You can get help and support with mental wellbeing in and outside of school by speaking to your teachers or your doctor.

There are different situations that can cause people to experience mixed or conflicting feelings.

Anyone can be affected by mental ill-health, but difficulties and experiences of negative feelings can be improved with help and support.

Negative experiences such as being bullied or feeling lonely can affect people's mental wellbeing.



It is important to speak to a trusted adult if you need support.

It is important to manage time spent online and foster positive habits such as turning your phone off at night.



Balancing time online with other activities such as exercising is important to maintain mental health and wellbeing.

Feelings can be managed by using positive strategies such as, talking about your feelings, distracting yourself, doing something you enjoy etc.



There are people you can speak to for help and support with loss, grief and other aspects of change.

There are different risks and effects of different drugs.



Grief can be expressed in different ways such as crying, changes in behaviour etc.

There are different laws which relate to drugs common to everyday life (cigarettes, alcohol etc.) and illegal drugs.

There are organisations where people can get help and support concerning drug use. If you have concerns about drug use, speak to a trusted adult.

There are strategies that can be used to help someone cope with the feelings associated with change or loss.

Changes life can mean that people experience feelings of loss or

Age restrictions for social media, films, games and online gaming are important to help people make safe decisions.



Some types of images are appropriate to share with others and some are not appropriate to share.

Personal information can be shared and misused online. It is important to protect your personal information online by not sharing full names or address online, using passwords, by keeping private things private etc.

There are lots of changes that occur as you grow up such as increasing independence. This could include walking to school on your own, making your dinner or doing your washing.



The transition to Secondary School can affect our feelings and our relationships with others, but there are practical strategies to help manage these times of change and transition, such as: practising the bus route to secondary school, having a tour of your new school and keeping in touch with friends that are going to different schools. etc.



If you are frightened or worried about something you have seen online, it is important to speak to a trusted adult.

Images that may upset, hurt or embarrass others should not be taken or shared. If you come across such an image you should tell an adult that you trust.

Images and text can be quickly shared with others, even when it is only sent to one person.

Key Vocabulary

Grief	Great upset, especially caused by someone's death.
Well-being	A state of being comfortable, healthy or happy.
Mental health	A person's emotional, psychological and social well-being.